



# Relationships: The Basics **Glossary**

<b>abusive relationship</b>	A relationship in which one or more people are treated with cruelty or violence. Abuse can happen in any kind of relationship and might be physical, emotional or sexual.
<b>betrayal</b>	Being disloyal or acting in an intentionally dishonest way.
<b>boundary</b>	A physical boundary is a line which marks the limits of an area. As well as physical boundaries, people will also have mental and emotional boundaries. In a relationship, boundaries help to define what a person is comfortable with and how they would like to be treated by others.
<b>bullying</b>	Repeated behaviour that is intended to hurt someone either emotionally or physically.
<b>child abuse</b>	Intentionally harming a child or young person under the age of 18, either on a single occasion or over a period of time. This can be physical, sexual or emotional. Neglect is also a form of child abuse.
<b>coercive control</b>	A form of emotional abuse where a perpetrator subjects someone (usually a partner or close relative) to a sustained pattern of controlling, threatening, or humiliating behaviour.
<b>collective relationship</b>	A relationship in which the participants share some type of collective identity or group membership.
<b>communication</b>	The process of using words, sounds, signs or behaviours to express ideas, thoughts and feelings.
<b>conditional love</b>	Love with conditions, for example someone putting terms, restrictions or rules on the giving of their love.
<b>consent</b>	A person's permission or agreement by choice to anything that involves them. For example, their body, personal space, time, money or belongings.
<b>emotional abuse</b>	Using emotions to criticise, shame or manipulate people. This can include threats, intimidation, put-downs, controlling behaviour and betrayal.
<b>family relationship</b>	A relationship involving parents, carers, guardians, grandparents, siblings, etc. Family relationships can also include those between people who have been in each other's lives for a long time and share an emotional bond.
<b>friendship</b>	A relationship between friends who enjoy each other's company and may share common interests. Friendship for most people is a combination of affection, loyalty, love, respect and trust.

<b>gaslighting</b>	A form of emotional abuse. Manipulating someone into doubting their own sanity.
<b>guilt-tripping</b>	Making another person feel guilty for something to get a desired outcome.
<b>healthy relationship</b>	A relationship that includes values of mutual respect, trust and honesty. A healthy relationship also means valuing each other and understanding each other's boundaries.
<b>intense</b>	Expressing extreme feelings or over-the-top behaviour towards someone that can feel overwhelming for the person on the receiving end.
<b>jealousy</b>	Feeling resentful of someone else because they have something that you want. In relationships, someone might feel jealous of the way the other person/people behave(s) towards someone else.
<b>love</b>	An intense feeling of deep affection.
<b>manipulation</b>	Controlling another person to get a desired outcome.
<b>peer pressure</b>	Influence on people by peers, or the effect on an individual who is encouraged to change their attitudes, values or behaviours to reflect those of the influencing group or individual. For the individual, this can result in either a positive or negative effect, or both. Peer pressure could be direct, for example trying to persuade someone to do something, or it could be indirect, for example someone feeling like they have to do something because their peers are.
<b>physical abuse</b>	Any intentional act of physical violence, such as hitting, punching, pulling hair and kicking.
<b>proximity relationship</b>	A relationship between people who have close proximity to each other but may not be trusted confidants, such as co-workers or classmates.
<b>relationship</b>	The way in which people are connected and behave towards each other.
<b>respect</b>	Treating or thinking about something or someone with due regard for their feelings, wishes and rights.
<b>romantic relationship</b>	A relationship involving a deep, passionate love, which may include initial feelings of nervousness and excitement, and might develop into a long-term commitment. They may exist alongside a sexual relationship, and often involve a level of intimacy that is not present in other types of relationships.

<b>sexual consent</b>	A person's agreement by choice to a particular sexual activity or act. Valid consent is freely given, reversible, informed, enthusiastic and specific to that sexual act. Without consent, any kind of sexual activity is sexual violence.
<b>sexual relationship</b>	A relationship involving sexual activity and/or intimacy.
<b>sexual violence</b>	An umbrella term used to describe any kind of sexual activity or act that happens without consent. It may not involve physical contact; examples include sexual assault, sexual harassment, child sexual abuse (CSA), sexual exploitation and rape, all of which are criminal offences.
<b>unconditional love</b>	Love without conditions, which is not based on what the other person does in return.
<b>unhealthy relationship</b>	A relationship in which one or more people exhibit behaviour that is not healthy or founded in mutual respect. An unhealthy relationship is not necessarily an abusive relationship, but it can be.
<b>value</b>	A basic and fundamental belief that guides or motivates our attitudes or actions. These help us to determine what is important to us. Values describe the personal qualities we choose to guide our behaviour, the kind of person we want to be and the manner in which we treat ourselves and others.
<b>volatility</b>	Having a strong, unpredictable reaction that causes another person to feel scared or intimidated.